



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **January is Cervical Health Awareness Month**

Did you know cervical cancer is the easiest cancer to prevent in the female reproductive system? Each year, more than 11,000 women in the United States develop cervical cancer. A major cause of cervical cancer is HPV (human papillomavirus). HPV is a very common infection spread through skin-to-skin contact. HPV can be spread between both women and men. About 79 million Americans currently have HPV, but many people with HPV do not know they are infected. In many cases, the body naturally clears the HPV infection. However, some high risk types of HPV can cause cervical cell changes, which if not detected early could turn into cancer. Cervical cancer commonly takes 10 to 20 years to develop. HPV can also cause other cancers in men and women.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care with your health care provider.



In honor of National Cervical Health Awareness Month, The Grant County Health Department encourages:

- Women to start getting regular Pap tests at age 21
  - Women to continue getting Pap tests, since it can take many years for cervical cancer to develop.
  - Parents to make sure pre-teens get the HPV vaccine series at age 11 or 12
    - Teens and young adults also need to get the HPV vaccine if they did not get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.
  - Under the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.
- Taking small steps can help keep you safe and healthy.

Visit <https://www.cdc.gov> or <http://www.nccc-online.org/> to learn more about cervical cancer screening.

Source: National Cervical Cancer Coalition and the CDC

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Be Active! Move More!!

Regular physical activity is one of the most important things you can do to improve your health. Adults need at least 2 hours and 20 minutes of moderate intensity physical activity each week. Children, ages 6 to 17, need at least 60 minutes per day. Try one of these ideas:



### **At Home**

- Join a walking group in the neighborhood.
- Do exercises while watching T.V.
- Plant and care for a vegetable garden.

### **At Work**

- Park a few blocks away and walk the rest.
- Replace a coffee break with a walk.
- Take part in an exercise program at work.

### **At Play**

- Take a class in aerobics, dance or yoga.
- Most important: have fun while being active.

Source: ChooseMyPlate.gov



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations including influenza vaccine is given at all these clinics)*

Influenza Vaccine still Available at all WIC clinics.

**Feb 1st** –Late Muscoda Kratochwill Bldg from 2:00pm to 6:30pm

**Feb 2nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Feb 8th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Feb 14th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Feb 16th**— Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

**Feb 21st**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Feb 23rd** –Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Feb 28th**—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following day:

April 14th at noon

## What Vaccines Should My Children Have?

In the U.S., vaccines have reduced or eliminated many diseases that once killed or harmed many infants, children, and adults. However, the germs that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines.

Vaccinations to protect infants may start at birth. Usually vaccinations are given around the following ages:

- 2 months
- 4 months
- 6 months
- 12-15 months
- 18 months

By age 2 the recommended numbers of immunizations children should have are:



- 4 doses of DTaP
- 3 doses of Hepatitis B
- 3 doses of Polio
- 3 doses of Hib
- 4 doses of Prevnar
- 1 dose of MMR
- 1 dose of Varicella

### What can Parents Do?

Check with your doctor or clinic to make sure your child is up to date on their immunizations. Immunizations are also given before Kindergarten entrance and around age 11. Parents can look up their child's immunizations on the WIR (Wisconsin Immunization Registry) at [www.dhswir.org](http://www.dhswir.org)

## Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancer deaths each year.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem in a home can be solved for less than \$1,500.

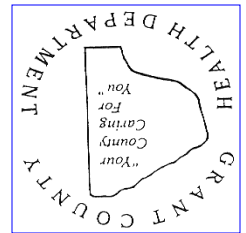
Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Department, 111 South Jefferson Street, 2nd Floor, Lancaster, WI. For more information, contact the Grant County Health Department at (608) 723-6416.



# Regular Well Inspections are Important

The following are four good reasons to test your private well water:

- ***To protect your family:*** It's hard to image a head of household knowingly feeding their family something that was harmful to their health. When well owners do not test their water, they could unknowingly be allowing their families to drink unsafe water.
- ***Others are doing it:*** Regular water testing is a normal practice for many well owners. If it makes sense for them, it makes sense for you to test your water.
- ***To gain peace of mind:*** Is it really worth wondering or worrying about the safety of your water? Get some peace of mind and test it.
- ***To maintain your property's value:*** Chances are a property that doesn't have safe drinking water will be less valuable than one that does. Protect your investment by testing the water and acting to protect water quality.



Change Service Requested

Non-Profit Organization  
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Permit # 2

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